

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
1

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	70%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	2	8	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	6	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	7	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	7	0 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	7	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	7	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	8	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	8	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	7	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	7	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	8	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	9	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	9	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

BLOCK 1

WEEK 1: DAYS 4-6

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	60%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	8	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	7	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	7	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	7	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	70%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	7	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	7	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	8	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	7	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
2

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 2: DAYS 1-3

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	2	8	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	80%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 2: DAYS 4-6

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	77.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	60%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	72.50%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
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CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
3

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 3: DAYS 1-3

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	2	8	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	82.50%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
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A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 3: DAYS 4-6

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	80.00%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
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TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
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MILITARY PRESS	3	5	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
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A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
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KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
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TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
4

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

BLOCK 1

WEEK 4: DAYS 1-3

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	2	8	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 4: DAYS 4-6

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	82.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	77.50%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
5

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

BLOCK 1

WEEK 5: DAYS 1-3

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	72.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	3	10	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL

HYPERTROPHY PROGRAM

BLOCK 1

WEEK 5: DAYS 4-6

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	67.50%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	70.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	80.00%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
6

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 6: DAYS 1-3

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	72.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	3	10	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	67.50%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	70.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	80.00%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
7

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	3	10	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	82.50%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	4	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	4	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

JEFF NIPPARD'S

LEGS/PUSH/PULL HYPERTROPHY PROGRAM

WEEK 7: DAYS 4-6

BLOCK 1

8 WEEK TECHNIQUE PHASE

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	80.00%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65.00%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	75.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

BLOCK 1

LEGS/PUSH/PULL PROGRAM

WEEK
8

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	3	10	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	4	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	4	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION INLINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	82.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65.00%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE TO BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	80.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME: